



## That's why Assure offers tailor-made Employee Assistance Programs that:

- Assist people experiencing issues such as work stress, team conflict, relationship issues or depression
- Empower already productive and effective people to achieve even more.

Everything you say is  
**completely confidential**  
and there's **no cost** to you.\*



To learn more about how we can help you or to make an appointment, call **free today:**

**1800 808 374** Australia  
**0800 464 387** New Zealand  
**1800 505 015** Manager Support Program

[info@assureprograms.com.au](mailto:info@assureprograms.com.au)

[assureprograms.com.au](https://assureprograms.com.au)

\*There is no cost to you for EAP services that fall within your organisation's EAP agreement with Assure Programs. The disclosure of access in situations where there is risk of harm, or where the client provides written consent to disclose access to their employer, is outlined in our Privacy Policy.

# Positive support is always at hand





## How can my organisation's EAP support me?

Any number of factors can affect your satisfaction with, and happiness in the workplace or at home. Your company's Employee Assistance Program (EAP) is designed to help you to resolve issues or challenges arising at work or in your personal life.

It doesn't matter if your concern is big or small, through your company's partnership with Assure you can talk to an experienced psychologist about anything that may be affecting you.

**Assure's support is free and completely confidential\***



## What can Assure help you with?

**We provide support and coaching across a wide range of areas, including but not limited to:**

- General feelings of anxiety, stress or depression
- Feeling overwhelmed by pressures placed on you in the workplace or at home
- Difficulties with fly-in fly-out work arrangements
- Personal issues with your partner, children or other people close to you
- Family challenges such as divorce, serious illness or bereavement
- Conflict with a team member
- Frustration with a lack of career progression
- The struggle to successfully return to work after a period of extended leave such as injury or maternity leave.

**In most cases, this support is also available to your immediate family members.**



### Specialist Coaching



Financial, legal and nutritional coaching can help with some of the most common causes of stress.



Wellbeing coaching can identify practical strategies to boost your already productive and effective behaviours.